

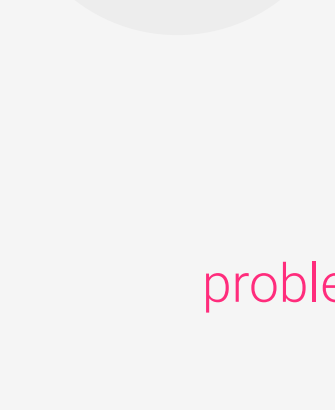
checking blood sugar

lets you know how your body is doing at any point in time and empowers you to make healthy choices at those times

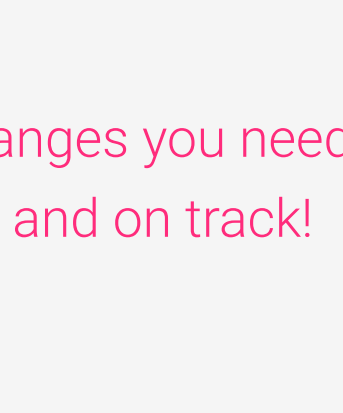


You can only manage what you measure...

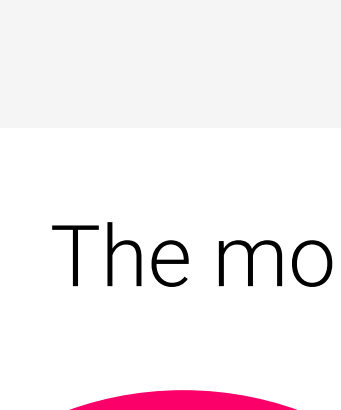
This guide shows you how to check your blood sugar in a structured way so you can...



Spot trends



Pinpoint problem areas



Make the changes you need to stay in range and on track!

The more you measure, the more you know.



Studies show that checking blood sugar regularly throughout the day significantly reduces A1C.

How do I check?

It's easy! Just follow these steps:

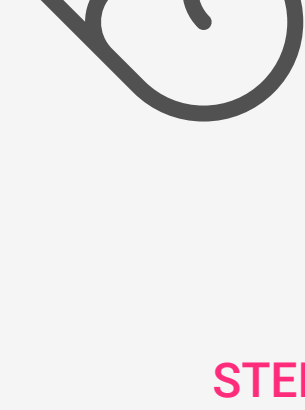
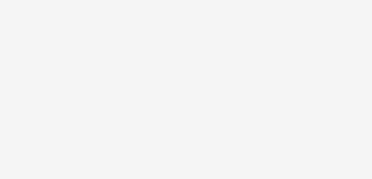
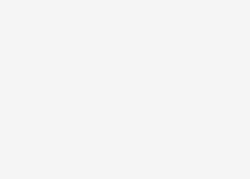


STEP 1

Wash your hands with soap and water.

STEP 2

Insert a test strip into your meter.

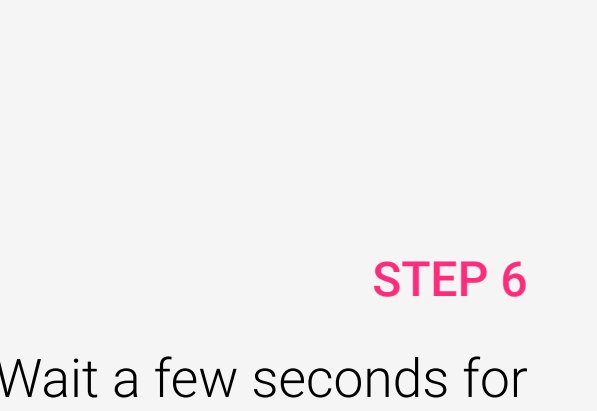
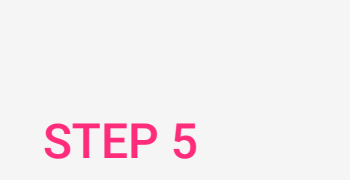


STEP 3

Prick the side of any fingertip.

STEP 4

Squeeze out a drop of blood.

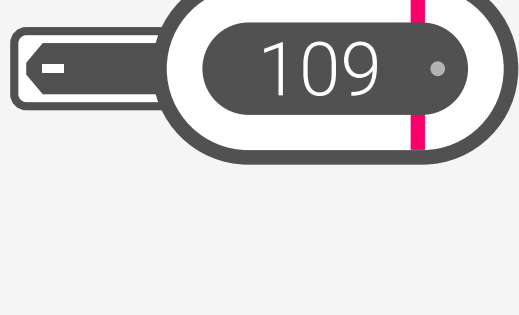


STEP 5

Touch the drop to the test strip.

STEP 6

Wait a few seconds for the result.



To get the best results:

1

Check frequently

2

Analyze your data regularly

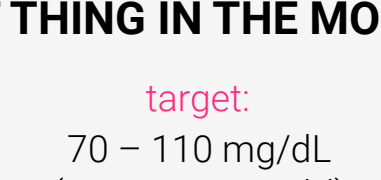
3

Make changes as needed

When should I check?

Checking frequently is great...

But to get the most out of your blood sugar data, **you need to check at the right times:**



FIRST THING IN THE MORNING

target:
70 – 110 mg/dL
(3.9 – 6.1 mmol/l)

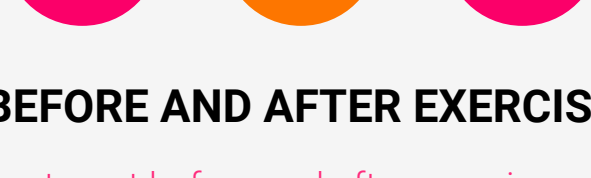
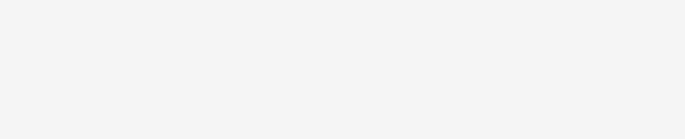


BEFORE AND AFTER EATING

target before eating:
70 – 110 mg/dL
(3.9 – 6.1 mmol/l)

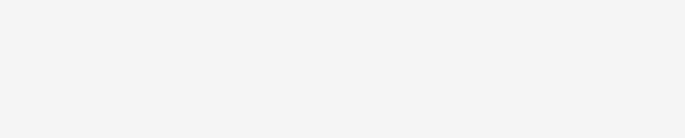


target 2 hours after eating:
70 – 140 mg/dL
(3.9 – 7.8 mmol/l)



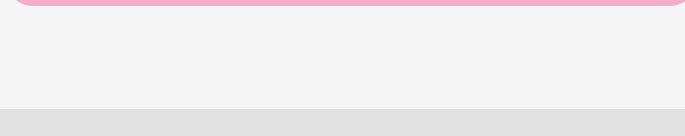
BEFORE AND AFTER EXERCISE

target before and after exercise:
70 – 140 mg/dL
(3.9 – 7.8 mmol/l)



BEFORE BEDTIME

target:
70 – 140 mg/dL
(3.9 – 7.8 mmol/l)

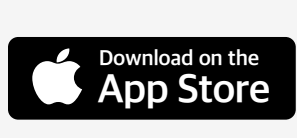


IMPORTANT NOTE: These blood sugar targets are just suggestions based on recommendations made by the American Association of Clinical Endocrinologists (AAACE). You and your health care provider should determine what targets are best for you based on your individual needs. If you don't know what your targets should be, be sure to ask at your next visit!



Navigating diabetes, together.

www.onedrop.today



References:
Polonsky WH, et al. Structured self-monitoring of blood glucose significantly reduces A1C levels in poorly controlled, noninsulin-treated type 2 diabetes: results from the Structured Testing Program study. Diabetes Care. 2011;34(2):262-267.
Bailey T, et al. AAACE/ACE 2016 Outpatient Glucose Monitoring Consensus Statement. Endocr Pract. 2016;22(No. 2):231-262.